

# PHYSICAL ASSESSMENTS & TRAINING PLANS

## KARTING FITNESS ASSESSMENT

Our Karting Fitness Assessment is a 2 hour test which will assess all important areas of fitness specific to Karting. The test will assess your Physical Skills (Endurance, Upper body and core strength), Psychomotor Skills (reaction, co-ordination, balance and peripheral vision) as well as a review of your training routine and lifestyle (nutrition, hydration and sleep). All of your results will be benchmarked against top drivers in your category. Following the test, drivers and parents will received a detailed report and will be given training recommendations based on the results.

## REMOTE FITNESS ASSESSMENT

Our remote fitness assessment begins with a consultation with one of our sports science team about the driver's current training and their goals. They will then be assessed across a number of physical tests that they can do in their own homes (no equipment required) plus they will complete a detailed questionnaire. Following this, the driver will received a detailed report and based on our findings, will then be given training recommendations to work on.

## BESPOKE GYM TRAINING PROGRAMME

If you are looking to transform your physical training from general fitness to becoming a professional Motorsport Athlete then we will create a bespoke gym training programme to help you achieve this. Forget the standard training you do in an every day gym, this is a programme consisting of specific exercises that are targeted at enhancing particular areas of a driver's performance, they are personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme can then be reviewed on a monthly basis.

## REMOTE INDIVIDUAL TRAINING PROGRAMME

Our home fitness programme provides over 2 hours of training exercises that are specifically designed for training from home. Following a consultation, the programme will be personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme is then reviewed via a zoom consultation on a monthly basis.

## HEALTH AND LIFESTYLE ASSESSMENT

The health and lifestyle assessment includes measures of your body composition, blood pressure as well as tests for your vision, peripheral vision, reactions and concentration. We will also discuss lifestyle habits such as nutrition, hydration and sleep and how all of these can be improved to benefit your performance.

## NUTRITION

Helene Patounas, MSc, BSc, is a nutritionist passionate about health and performance. Her mission is to inspire people to make positive change to be the best version of themselves. Her approach to nutrition is science-based, integrating the disciplines of Personalised Nutrition, Nutritional Therapy and Functional Medicine. HP Nutrition Delivers Proactive And Personalised Nutrition Coaching To Inspire Drivers To Operate At Their Highest Level And Equip Them With The Skills To Sustain Health And Performance Outcomes For Life.

To find out more or to book a session please get  
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